



THE Mukluk Telegraph

THE OFFICIAL QUARTERLY NEWSPAPER FOR THE CUSTOMER-OWNERS OF THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

APRIL - JUNE 2016

HIGHLIGHTS IN THIS ISSUE

Page 4: 2016 Luminary Award winners



Page 6: Celebrate ANMC nurses during National Nurses' Week May 6-12



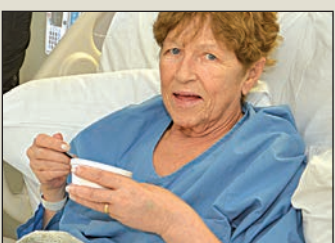
Page 8: Health tips and recipes from the ANTHC Diabetes Program



Page 10: Stay safe on the water! Boating safety tips from ANTHC Injury Prevention Program



Page 12: Seal stew and traditional foods at ANMC



ANTHC patient housing facility to house Alaska's first Ronald McDonald House

When the new patient housing facility opens on the Alaska Native Health Campus in Anchorage, the ANTHC facility will also be home to Alaska's first Ronald McDonald House on the top floor of the six-story building. ANTHC and Ronald McDonald House Charities® of Western Washington & Alaska (RHMC) will expand their current partnership to provide programming and activities that enhance the "home away from home" environment for families of pediatric patients at

SEE RONALD MCDONALD HOUSE, PAGE 11 ►



Home energy tips for your home and your health

Saving energy is a great way to save money in Alaska and that is true in every season. Most energy costs in Alaska occur in the winter when we heat our homes and keep the lights on through the long nights. But we all use energy in the summer too. ANTHC's Rural Energy Initiative program has several tips that can help save money by reducing the use of energy as we approach warmer seasons.

Summer Energy Tip #1: Reduce hot water heater temperature to 120 degrees.

Water heating uses a large amount of energy and, while we cut down on heating the home during warmer months, most homes use hot water all year long. If your home has a hot water heater, recommended hot water temperature for energy efficiency and comfort is 120 degrees.

Maintaining temperatures higher than 120 degrees can cost hundreds of dollars in energy costs throughout the year.

Summer Energy Tip #2: Clean coils and filters on appliances.

Many homes include a number of appliances and/or equipment that contain filters or heating and cooling coils. The warmer months are a good time to make sure that old filters on your furnace are replaced. Clean filters not only help to keep air clean, but they use less electricity when blowing air through the house. Also take time to wipe dust from the coils behind your refrigerator. Dirty coils can increase power costs. Cleaning your coils will improve the cooling performance of the refrigerators. Additionally, be sure to clean the lint trap and filter in your dryer

before each use; this will help to dry clothes more quickly and more effectively, ultimately reducing the electricity cost of using the dryer.

Summer Energy Tip #3: Turn electric heat tape off during warmer months.

Electric heat tape is often used to help keep rain gutters clear, to prevent ice buildup on a roof, or to prevent sewer and water lines from freezing. During the warmer months, as soon as temperatures consistently stay above freezing, turn off heat tapes located on roofs and rain gutters. Check with your local water and sewer utility to find out when it is safe to turn off heat tapes protecting your water and sewer lines. Heat tapes can usually be shut off all summer long, helping you to save electricity and money.

Cancer clinical trials coming to ANMC

The new Clinical Trials Program is a cooperative effort between the ANMC Oncology Clinic and ANTHC Clinical and Research Services. Soon, our people receiving cancer treatment at ANMC may have the opportunity to participate in cancer clinical trials that will help improve the care of Alaska Native people.

FAQS ABOUT CANCER CLINICAL TRIALS

What is a cancer clinical trial?

A cancer clinical trial is a research study that looks for new ways to find or treat cancer. Before a new cancer therapy is used, it is tested in clinical trials with lots of people from all over the world to make sure it is safe and it works.

What are ways I can take part in a clinical trial?

There are several ways to take part in a clinical trial. You can agree to have your medical record reviewed or you can agree to have your blood or tissue tested. You can be a healthy person, or at risk for getting cancer, or you may already have cancer. Each of these ways helps scientists get more knowledge about preventing or treating cancer.

What things should I think about before volunteering in a clinical trial?

To help you decide if you should volunteer for a clinical trial, know about the benefits and risks. A benefit might be getting a better treatment than what is currently available. Risks include side effects, which differ by study. When you consent to volunteer in a trial, all of the known side effects will be discussed with you including your chance of having a side effect.

What is informed consent?

When you volunteer for a clinical trial, you will get detailed information about why the trial is being done. This is the time to ask questions to help you decide if you want to be in the trial. You will get a consent form to sign. This form tells you about the risks and benefits of the trial. When you sign the consent form, this is saying that you understand why you are volunteering in the trial and that all your questions have been answered.

Even if you sign the consent form, you can change your mind at any time about being in the trial.

How do I know that the clinical trial is safe?

All research at ANMC, including cancer clinical trials, is reviewed and approved by the Alaska Area Institutional Review Board, the ANTHC Health Research Review Committee, and Southcentral Foundation Research Oversight and Executive Committees.

Tweet, Tweet!
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on Twitter
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MISSION

Providing the highest quality health services in partnership with our people and the Alaska Tribal Health System

VISION

Alaska Native people are the healthiest people in the world

VALUES

Achieving excellence
Native self-determination
Treat with respect and integrity
Health and wellness
Compassion

THE MUKLUK TELEGRAPH

The Mukluk Telegraph is the official newspaper of the Alaska Native Tribal Health Consortium.

The paper is published quarterly and distributed at no charge to customer-owners, employees and partners of ANTHC statewide.

How are we doing?

Have a suggestion or a compliment for the Mukluk Telegraph?

We would love to hear from you. E-mail the ANTHC Marketing Department at marketing@anthc.org.

SUBSCRIPTIONS

Want to receive the Mukluk Telegraph in the mail? Write to marketing@anthc.org and we'll add you to our mailing list.

The Mukluk Telegraph is available online at anthc.org/news.

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ANMC prepared for earthquake safety

Recent earthquake activity in Anchorage had ANMC and Anchorage residents thinking about earthquake safety. This article was pulled from the Mukluk Telegraph archives.

When it opened on November 29, 1953, the Anchorage Medical Center of the Alaska Native Service was the largest civilian building in Alaska. The hospital experienced a great deal of change in its first 11 years in downtown Anchorage, but few things altered the facility more dramatically than the 9.2-magnitude earthquake that hit Alaska on Good Friday of 1964.

The earthquake caused a handful of deaths around the state and significant damage around Anchorage, particularly to downtown buildings and infrastructure. There were also large and small landslides around the Anchorage bowl. Then known as the Alaska Native Hospital Anchorage, the building sustained serious damage, particularly in its concrete support beams. And it narrowly avoided a deadly disaster -- the hospital's north wing missed a landslide by a few hundred feet.

Following the earthquake, the general cleanup, plastering and painting was completed within a few months, but it took two full years to complete all of the structural repairs to the damage caused by the earthquake. That work

mostly consisted of placing steel plates over damaged concrete to stabilize the structure.

Today, the Alaska Native Medical Center hospital is one of the safest places in Anchorage to be in the event of a large earthquake or natural disaster. According to Robert Wilson, ANTHC's longtime Director of Facilities Services, the hospital was designed to withstand a 9.5-magnitude seismic event and was intentionally built in the UMED area, which is one of the safest seismic locations in the Anchorage bowl.

"Given the structural design, as well as these other on-site emergency capabilities, ANMC, in my mind, is the place to be," said Wilson. "Not to mention that we have a great staff that is really well-trained and will have high confidence if a situation were to occur."

In addition to being a safe haven during an earthquake, the ANMC hospital is also equipped for survival in the days following a catastrophic event. Onsite are:

- 100,000** gallons of potable water storage, including 40,000 gallons reserved for fire emergency
- Three** 1,250-kilowatt emergency electrical generators for power
- 50,000** gallons of diesel fuel to be used in the event that natural gas or grid power is no longer available
- One** 3,000-gallon primary, and one 300-gallon reserve, cryogenic (liquid) oxygen tanks
- Three** high-pressure steam boilers, dual-fuel fired to use natural gas or diesel fuel
- One** 5,000-gallon sanitary sewage holding tank to be used if gravity flow is lost on existing sewage lines

These reserve essentials are roughly enough to keep ANMC running for up to five days in the summer and up to 3.9 days at 20 below.



We're listening!

At the Alaska Native Medical Center, we listen to our customer-owners so we can provide the very best care and service.

If you have a concern, comment, question, referral or compliment, please contact the ANMC Customer Experience team. Email us at customercontact@anthc.org or call (907) 729-3990 or toll free at (877) 223-9284.

Thank you!



Our House is Your House

Let's keep it clean

Housekeeping can be reached at x3092

 **ALASKA NATIVE MEDICAL CENTER** 

Strategic Access Development

Honoring Tribal health Luminary Award winners

The Luminary Awards are presented annually by the Healthy Alaska Natives Foundation to recognize individuals or groups for their dedication and outstanding contributions to the Alaska Tribal Health System and their communities.

Left: Distinguished Provider Award: The Savoonga health aides
Top: Brianne Gologergen, aka "Piyu"
Middle row, L-R: Rosemary Akeya, aka "Noy" and Mary Ann Seppilu, aka "Abby"
Bottom row, L-R: Jordan Annogyuk, aka "Peghi" and Dorothy Kava, aka "Dorth"
Not pictured: Danielle Reynolds, Chantal Miklahook



The Healthy Alaska Natives Foundation, ANTHC's charitable arm, hosted the ninth annual Raven's Ball on April 2 at the Hotel Captain Cook. The Raven's Ball is one of Alaska's premier black tie celebrations and dynamic fundraising events. This year's ball continued a tradition of success that benefits the Foundation and its three key initiatives: improving medical care; strengthening wellness and prevention efforts; and promoting healthy village environments.

One of the 2016 Raven's Ball highlights was the presentation of the Luminary Awards, which annually recognizes individuals for their dedication and outstanding contributions to the Alaska Tribal Health System and their communities. The Healthy Alaska Natives Foundation is pleased to celebrate these deserving honorees:

The President's Legacy and Leadership Award was presented to Dr. Matthew Schnellbaecher, Cardiology Medical Director, Alaska Native Medical Center. Dr. Schnellbaecher has been a tireless advocate



The President's Legacy and Leadership Award
 Dr. Matt Schnellbaecher

for expanding cardiology services in the Alaska Tribal Health System since he joined the hospital in 1996. Dr. Schnellbaecher has helped grow cardiology services throughout Alaska with the use of telemedicine, assisted with the development of the new cardiac catheterization lab at ANMC, in addition to many other critical efforts to improve cardiology care for Alaska Native people.

The Distinguished Provider Award was presented to the Savoonga Health Aides, Norton Sound Health Corporation, for their dedication to their community's health. As the only full-time health care providers in Savoonga, the Savoonga Health Aides' resilience and strength is put to the test on a daily basis as they are called upon to make difficult decisions, overcome significant obstacles, practice new medical techniques, and save lives in emergency situations.



The Community Spirit Award was presented to Mike Williams Sr., Native Village of Akiak, in recognition of his advocacy for sobriety and subsistence rights. Mr. Williams is often recognized in state and national Tribal gatherings calling for a life of sobriety and fighting for subsistence rights. He is known as the Iditarod "Sobriety Musher" as he has carried signatures of people who have pledged sobriety in his dog sled during the race.

For more information on the Raven's Ball Luminary Awards or the Healthy Alaska Natives Foundation, please visit inspiringgoodhealth.org.

Thank You

to these Luminary Sponsors who helped make our event a spectacular success:







two thousand sixteen
RAVEN'S BALL



For a full listing of all our supporters, please visit our website:
inspiringgoodhealth.org

ANTHC launches new website for easier navigation

Earlier this year, ANTHC launched a new website at www.anthc.org that reflects months of work to streamline and enhance the usability of the site for our online visitors. Aside from an updated look, the new website has been designed to help improve navigation and make it easier for our visitors to find information.

Our new online home has a fresh and modern appearance and features large photo imagery showcasing the health of our Alaska Native people. The site also utilizes updated colors and more white space to make reading webpages easier. These improvements are intended to provide an enhanced experience for site visitors

navigating their way through the website.

We have updated content throughout the site and put a greater emphasis on the breadth and depth of our health services across all areas of focus. This makes it easier for visitors to better understand our wide range of work toward our vision that Alaska Native people are the healthiest people in the world.

The work ANTHC does is now categorized into these sections:

- Health and Medical Services at ANMC
- Healthy People & Prevention
- Healthy Homes & Communities
- Health Training & Education
- Health Research & Data

- Health Technology Services
- Health Advocacy

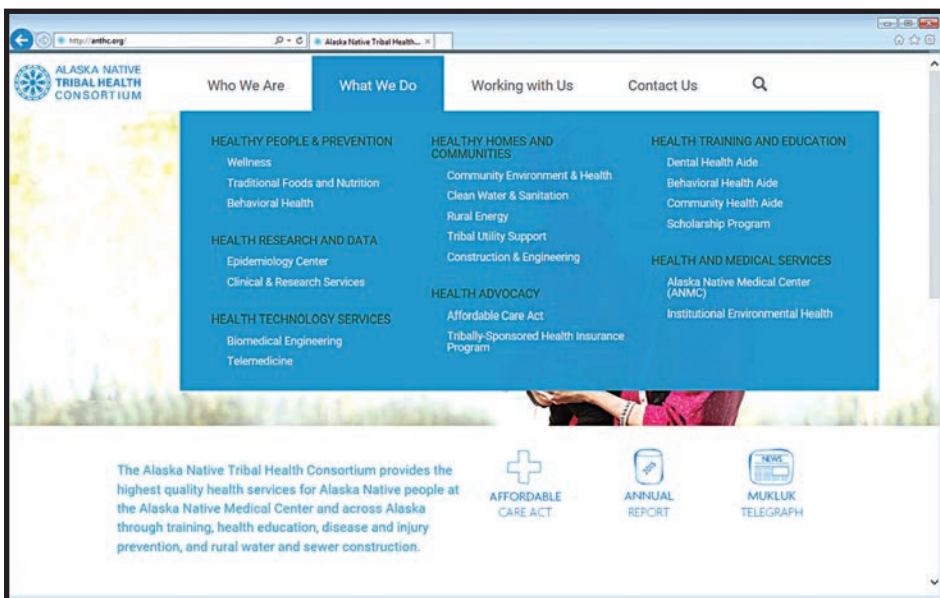
In addition, we added a news section to bring readers relevant and timely content that keeps our people updated on the new and exciting things happening at the Consortium.

While we have completed

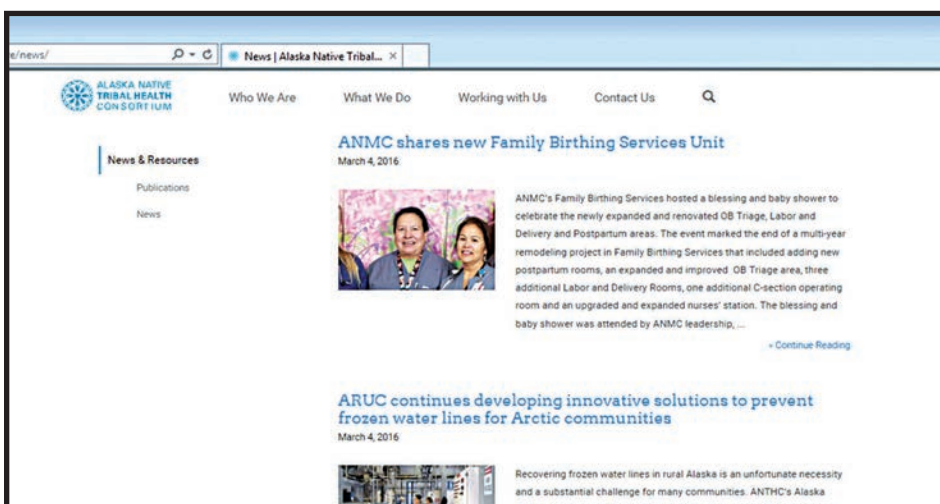
the transition to our new website, ANTHC Marketing and Communications staff will continue to make improvements. Explore the new site and if you have any feedback you would like to share, please email our web team at anthcwebsite@anthc.org.



Home



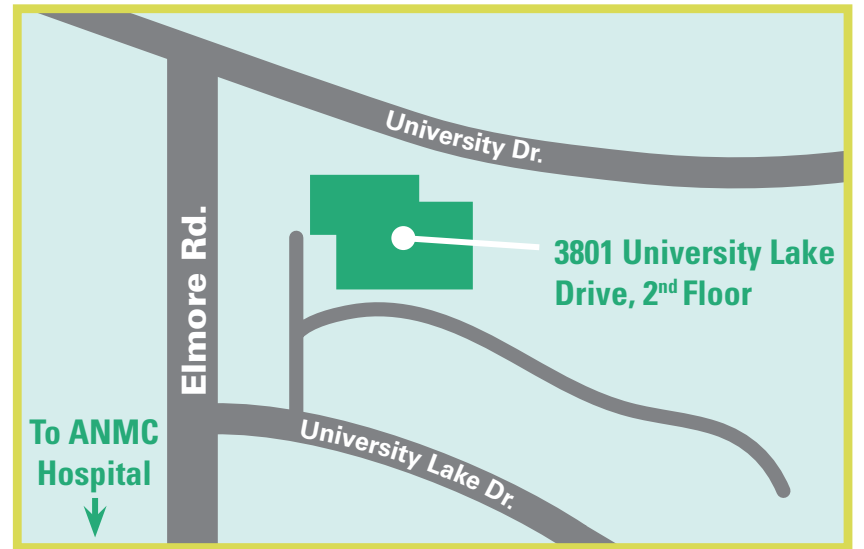
Menu



News

New ANMC Outpatient Surgery Center

ANMC has opened a new Outpatient Surgery Center to better serve our people.



New location:

The ANMC Outpatient Surgery Center is located in a medical building at 3801 University Lake Drive. The surgery center is located on the first floor of the building. Please make sure you check if your surgery is at the ANMC hospital or the new Outpatient Surgery center.

Why the new outpatient surgery center?

As ANMC's population grows and the need for surgical services increases, we decided to open an outpatient surgery center to meet the needs of our people from across Alaska. The four additional outpatient operating rooms and 17 pre and post-operative beds allow us to better serve our people.

Directions from the hospital:

1. From Diplomacy Drive, turn right on Tudor Centre Drive
2. Turn left on Ambassador Drive
3. Turn right on Elmore Road
4. Go through the roundabout and then take the first right on University Lake Drive
5. The surgery center is located in the first building on the left, 3801 University Lake Drive.



ALASKA NATIVE MEDICAL CENTER



The Alaska Native Medical Center is jointly owned and managed by the Alaska Native Tribal Health Consortium and Southcentral Foundation.

Celebrating ANMC Nurses

National Nurses' Week May 6-12

Since 2003, the Alaska Native Medical Center has been Alaska's only Magnet®-recognized hospital, which acknowledges high quality patient care, nursing excellence and innovations in professional nursing practice. Our nurses display their commitment and excellence through professional development, shared governance and evidence-based practice at ANMC.

In May, ANMC will celebrate and thank our nurses during National Nurses' Week, which is celebrated annually from May 6, National Nurses Day, through May 12, the birthday of Florence Nightingale, the founder of modern nursing.

ANMC nurses are known for going above and beyond in their work, and that dedication is one of the reasons why ANMC has remained Alaska's only Magnet-recognized hospital. More than 540 nurses work in the ANMC hospital and across the Consortium, making up a quarter of our workforce.

Our nurses are viewed as respected partners, collaborators and leaders. They are constantly seeking ways to improve the services and care we provide, from processes and initiatives to technology and equipment. Many of our nurses continually strive to strengthen and expand their own skills, as well. More than 170 ANMC nurses have national specialty certifications, with many nurses holding more than one certification.

Below are some compliments our patients have submitted about our wonderful nursing staff. Please join us in thanking a nurse today!



“Keep up the good work. These nurses are very courteous and friendly. They make patients comfortable.”



“I'm happy with this hospital! They give the best services here, and they're very friendly. I can't say enough of the care.”



“RN Vanessa has shown me nothing but compassion and caring during our interactions in Oncology. I have been a pharmacist for 38 years and unfortunately, most people only take time to complain. I know what its like to be on both sides of the counter. Again, I just wanted to let you know what a gem Vanessa is in performing her professional duties in such a caring manner.”



“The nurses are all fantastic! And their helpers, the CNAs, are also fantastic. I feel safe here because of the way they take care of me.”

“Nolan has gone out of his way to come and help me even though I'm not on his wing. He helped me get through a milestone! I'm a little closer to going home because of his kindness. I wish there were more Nolan's, but I'm thankful that there's this amazing one!”



“Stephani, the day nurse, she was attentive to my dad and the family. She's competent and has a great spirit.”



The DAISY Award
FOR EXTRAORDINARY NURSES
IN MEMORY OF J. PATRICK BARNES

Nominate an ANMC nurse for the DAISY Award!

The DAISY Award rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day.

The Alaska Native Medical Center is proud to be a DAISY Award Partner, recognizing one of our nurses with this special honor every quarter.

Pick up a nomination form today or visit www.anmc.org/the-daisy-award/ to nominate a nurse online.

ALASKA NATIVE MEDICAL CENTER

“I appreciate the nurses. They're friendly, helpful, and seem to know what they're doing. They're concerned for my health, and that's really amazing.”



Healthy Traditional foods help manage and prevent diabetes

Once rare, today there are 4,900 Alaska Native people with diabetes; an eightfold increase since 1985. The ANTHC Diabetes Program provides clinical care at the Alaska Native Medical Center and through specialty clinics across the state. The program also provides community education about diabetes prevention. Lifestyle changes help people with diabetes to maintain good blood sugar control and avoid complications. Diabetes can also be prevented through lifestyle changes which include:

- Eating foods found in nature. Processed foods (soda, snack or, fast foods) contain excess sugar, fat and little fiber. Traditional foods that are fished (salmon), hunted (caribou), gathered (fireweed, tundra tea and other plants) or grown (vegetables) are healthier choices.
- Exercise often. Do what you can for as long as you can every day. And if you sit all day doing projects or at work, get up and move at least 10 minutes for every hour that you sit.
- Don't use tobacco which can lead to cancer, heart problems and amputations
- Get enough sleep. Less than seven hours of sleep can lead to weight gain and poor blood sugar control.

Traditional Alaska Native foods and gathering practices are encouraged today to increase diversity in the diet, offer alternatives to store-bought food and promote a more active way of life. Foods that we grow and gather help us to live well, prevent diabetes and better manage diabetes.



Nesto

Here are some recipes from the ANTHC Diabetes Program that are healthy and encourage activity with easy to gather wild ingredients.

CHICKWEED PESTO

Submitted by Jennifer Nu

INGREDIENTS

- 4 cups fresh chickweed
- 3 cloves garlic, minced
- 1/2 cup olive oil
- 1 teaspoon sea salt
- Ground pepper to taste

1/3 cup toasted pine nuts, walnuts, sunflower seeds, or pecans

Hard cheese, such as parmesan (optional)

PREPARATION

1. Rinse and dry chickweed.
2. In food processor, combine chickweed, garlic, salt, pepper, seeds/nuts and cheese (if using).
3. Add olive oil and continue processing until it reaches a paste-like consistency.

NESTO, A DELICIOUS ALASKAN NETTLE PESTO!

Submitted by Amy Rattenbury

INGREDIENTS

- 2-3 cups blanched nettle leaves
- 1 1/2 cups pecans (can also use pine nuts or walnuts instead)
- 4 cloves garlic, peeled
- 1/2 cup Parmesan cheese, shredded
- 3/4 cup olive oil
- 1/4 - 1/2 teaspoon salt
- Pinch of ground black pepper

PREPARATION

1. Collect 1 bag of fresh nettles, about 6-8 cups will yield 2-3 cups of leaves.
2. Rinse well, remove and discard all stems from leaves. Blanch leaves quickly in boiling water. Drain water, but save for Nettle Tea!
3. Add 2 cups of blanched nettles to pecans, garlic, cheese, olive oil, salt and pepper in food processor. Blend well until mixture becomes thick green paste. Enjoy as topping for salmon cakes, pizza or pasta! Refrigerate or freeze to eat at later date.

TELL YOUR HEART STORY

SPEAK UP NOW.

If you are having thoughts of suicide, talk to someone you trust, or call the Alaska Careline Crisis Intervention hotline. We're here to listen 24 hours a day, 365 days a year. Your call is free and completely confidential.

Alaska Native Tribal Health Consortium | Alaska Careline Crisis Intervention | carelinealaska.com | 1-877-266-4357

Why should American Indians and Alaska Natives care about health insurance?

Health insurance can provide you and your family more options. Coverage means you can help expand services available at our Alaska Tribal hospitals and health clinics.

Buying an insurance plan can also provide you access to care if you are on vacation away from your Tribal health facility. Peace of mind comes with more health care options for you and your loved ones of unexpected health costs. Many American Indian and Alaska Native people now qualify for health insurance through Medicaid, Denali KidCare and the new Health Insurance Marketplace.

Do you want health insurance paid for you?

The Tribally-Sponsored Health Insurance Program may pay for health insurance for you if you qualify.

Where can I get more information and sign up?

Visit anthc.org/tship to find the contact in your area and see if you are eligible and get help with enrollment.

Health tips to prevent colorectal cancer

More Alaska Native people are getting screened for colorectal cancer than ever before, meaning fewer of our people and families are suffering because of this devastating disease. This is great news considering that cancer remains a leading cause of death among Alaska Native people. We are getting healthier because our people around the state now have increased access to health screenings, and are receiving more education and outreach focused on colorectal cancer prevention.

Colorectal cancer is a cancer that grows slowly in the large intestine (colon) and rectum, but it is also preventable and treatable. Early colorectal cancer has no symptoms, which is why screenings are so important. Screenings help discover pre-cancerous growths, which can be easily removed. Colorectal cancer is very treatable when found at an early stage.

Therefore, all men and women older than 50 should be screened for colorectal cancer; earlier if there is a family history of the disease. Colorectal cancer is twice as common if you have a parent, sibling or child who has had colorectal cancer, so you should let your provider know if you have a family history of the disease. The Alaska Native Tribal Health Consortium recommends that Alaska Native people start receiving screenings at age 40. There are several screening options available, so it

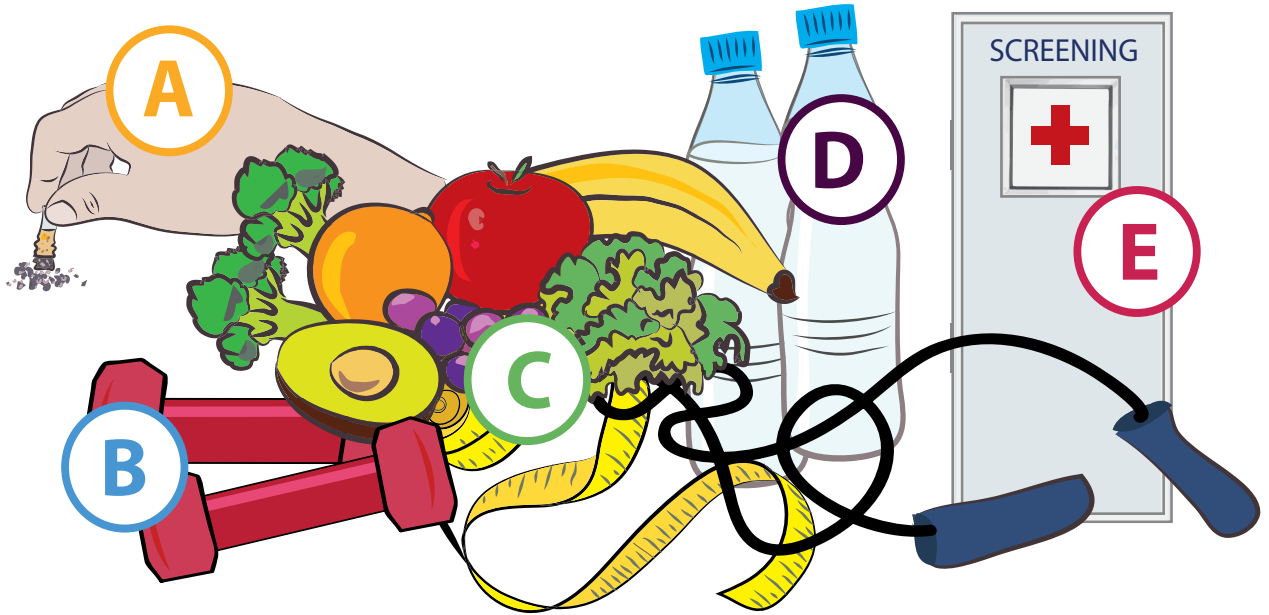
is important to talk with your provider about which screening test is right for you.

Although our people have made great progress in colorectal cancer screening and prevention, more work remains to stop this disease. In fact, the rates of new cases of

cancer and deaths due to this disease are twice as high among Alaska Native people as U.S. whites. See tips below on easy ways to prevent colorectal cancer.

You can learn more about colorectal cancer and how to prevent it by visiting anthctoday.org/epicenter/colon/.

WHAT YOU CAN DO TO PREVENT COLORECTAL CANCER



- A** **Quit smoking** and/or using other forms of tobacco, including chew and iq'mik.
- B** **Exercise regularly:** Physical activity can reduce your risk of colorectal cancer by as much as 50%!
- C** **Eat well and keep a healthy weight:** Discuss what's best for you with your provider.
- D** **Limit alcohol consumption:** Drink more water.
- E** **Get screened:** Screening is recommended for Alaska Native people age 40 and older, and all adults age 50 and older.

5TH ANNUAL

Golf Classic

TEEING OFF FOR TRIBAL HEALTH

July 22, 2016 at Moose Run Golf Course



[HTTP://INSPIRINGGOODHEALTH.ORG/2016-GOLF-CLASSIC](http://inspiringgoodhealth.org/2016-golf-classic)

Stay safe on the water this spring and summer

The spring and summer seasons are fast approaching which means more Alaskans will be participating in subsistence and water activities including hunting, fishing, gathering, boating and kayaking. Even on good weather days the environment can change rapidly and waters can be cold. ANTHC's Injury Prevention program stresses the importance of water safety and wearing the proper fit and type of personal flotation device (PFD) anytime around open water.

A personal flotation device (PFD), sometimes referred to as a life jacket, life vest or life preserver, can help save your life. According to the Injury Prevention Program and partner, the Alaska Office of Boating Safety, several types of PFDs are available, all designed for different water activities and conditions:

Type I – Off shore vests are typically used in rough open waters, such as the ocean

Type II – Near shore life vests are used in more still, inland waters

Type III – Floatation aide life jackets are popular among PFD's because of their comfort and are often worn while boating and in water sports and activities, such as jet skiing, knee boarding, wakeboarding, water skiing, etc.

Type IV – A throwable device is not to be worn, but rather kept on board a boat to be thrown out into the water in the event of an emergency.

Type V – Special use devices are made as work vests, deck suits and hybrids

Alaska's cold water can be life threatening in an immersion event and wearing a properly fitted PFD is the best defense.

When choosing a PFD, proper fit is extremely important. Keep in mind sizes are generally determined by a person's weight and chest size. When choosing a PFD, try it on to make sure it is not too tight or too loose. It should fit comfortably but should not be able to slip off over your head. A brightly colored PFD is also recommended; this allows a person to be spotted



more clearly in water. Read the PFD label and ensure it is U.S. Coast Guard approved. Inspect the life jacket; it should not have any rips, holes, tears, squished or hardened flotation material, broken buckles or zippers or torn straps or faded material. If your life jacket has any of these issues, please discard. Clip a whistle, and or a light source to the PFD and consider putting a communication device in your pocket.

To find out which type of PFD is right for you, or to make a pledge to always wear your life jacket, visit the Alaska Office of Boating Safety website at www.pledgetolive.org. To request training for your community, please contact Kelli Toth by phone at (907) 296-6042 and/or e-mail at kelli.toth@alaska.gov.

Find safety tips and more materials like the poster below at www.alaskaboatingsafety.org or anthc.org/what-we-do/wellness/injury-prevention/.

Boating Safety Tips:

- 1) Always wear a properly fitted life jacket.
- 2) Carry a communication and signaling device on your person.
- 3) Do not overload the boat.
- 4) File a float plan - tell someone where you are going and when you plan to return. Use the tools at www.pledgetolive.org.
- 5) Be responsible - don't use alcohol while boating or when you are in or near water.



State of Alaska – Office of Boating Safety
www.alaskaboatingsafety.org

- Education
- Training
- Resources



WATER SAFETY TIPS:

- Always wear a properly fitted life jacket
- Carry a communication and signaling device on your person (ex. VHF marine radio and whistle)
- Do not overload the boat
- File a float plan – tell someone where you are going and when you plan to return
See: www.pledgetolive.com
- Be responsible – don't use alcohol while boating or when you're in or near water

Injury Prevention Program
(P) 907-729-3799/3513
www.anthctoday.org



"Alaska Natives are the Healthiest People in the World"

RONALD MCDONALD HOUSE, FROM PAGE 1 ▶

the Alaska Native Medical Center.

The partnership with RMHC will allow families to focus on the important tasks of health and recovery for their children, without worrying about a family-friendly place to stay. Activities such as exercise and education programming will provide welcome distractions in the time between medical procedures and appointments.

The new House will open in early 2017 on the sixth floor dedicated to maternal and family housing. It will have 34 rooms, each with their own bathroom, full-sized bed and sleeper chair. Other amenities at the House include common areas, a dedicated kitchen, access to a workout space and cafeteria, and a library of books for new mothers to take home. Programs will emphasize Alaska Native culture at the House, including plans for volunteer-run activities including beading, craft circles and healthy cooking classes using traditional foods.

ANTHC is pleased to welcome RMHC as a partner in our patient housing facility project that expands services and support for our people traveling to ANMC for care.



Renderings of new patient housing facility to open in late 2016.

Images clockwise from top right:

Patient housing facility will feature outdoor play area and courtyard.

Lobby area for visitors and check-in desk.

Skybridge will connect patient housing facility and parking garage to north side of the ANMC hospital.

Dining area and cafeteria will be dedicated to patient housing guests and their visitors.



ANMC serves seal stew, celebrates traditional foods

For years, Alaska Native leaders negotiated with the U.S. Department of Agriculture to serve traditional foods to those who could really benefit from their healing effects and cultural familiarity. ANTHC has long been at the forefront of advocating for the positive aspects of harvesting and eating traditional foods— and permission to serve them to our patients and visitors at the Alaska Native Medical Center.

In 2013, a bill from former Alaska U.S. Sen. Mark Begich, named the “The Traditional Foods Nourishment Act of 2013” passed, making it easier to serve Alaska Native foods in facilities like hospitals, schools, childcare and eldercare facilities.

Under state law, wild game cannot be sold, but can be donated. In recent months, ANTHC has requested donations of wild game such as seal, moose, caribou, fish, and more to serve to our people at ANMC. The Alaska Native Harbor Seal Commission recently donated a harbor seal to ANMC and we were determined to do something special with this gift.

To celebrate this special occasion, ANMC Executive Chef



From L to R: Melissa Chulpach, Healthcare Dietician; Bernadine Erickson, Alaska Native Harbor Seal Commission; Joni Bryant, Alaska Native Harbor Seal Commission; Dr. Gary Ferguson, ANTHC's Community Health Services Senior Director; Amy Foote, ANMC Executive Chef; Raymond Sensmeier, Alaska Native Harbor Seal Commission; Vivian Echavarría, ANMC VP of Professional and Support Services; and Roald Helgesen, ANTHC Chief Executive Officer & Administrator pose with our wonderful bounty of seal stew.

Amy Foote prepared a seal stew and ANMC hosted a “Seal Day” event and invited key stakeholders and The Alaska Native Harbor Seal Commission to join us for a brief ceremony and tasting of the seal stew. Raymond Sensmeier, a staunch traditional foods advocate

and longtime board member from the Alaska Native Harbor Seal Commission, provided a blessing for the event.

Vivian Echavarría, ANMC Vice President of Professional and Support Services, emceed the event and graciously thanked the people who helped make the donation of seal meat a reality. She commented, “Not only can traditional foods nourish our body, they can nourish our soul.”

After the ceremony, Chef Foote and Cynthia Davis, General Manager of Nana Management Services at ANMC, the contractor who operates the cafeteria, visited the patient floors to give patients

seal stew. The stew, served with Pilot Bread, was incredibly popular, with many patients asking for seconds. Contentment was evident on the faces of many of our people who ate the stew.

If you are interested in donating traditional foods to ANMC, please contact Cynthia Davis at (907) 729-2682 or cdavis@anthc.org. If you are interested in helping out with ANMC's Traditional Native Foods Initiative, but do not have access to traditional foods to donate, you can make a donation to the Healthy Alaska Natives Foundation by visiting inspiringgoodhealth.org/donation-page/.



ANMC patient Steven Corter enjoys a special treat of seal stew.



ANMC Executive Chef Amy Foote with patient Lila Sanders as she enjoys a bowl of seal stew.